

WASHINGTON MESSAGE NEWS

A A M M

The November Washington Message News will contain articles from Mr. John "Inkelinger" Murray and our President, Mr. Eitrem. We are grateful to both of these gentlemen for their help, and we urge the rest of the readers of this paper to favor us with a little write-up. We need more things from the membership on various subjects. For instance, we would like an article on one of the following subjects:

- 1) New and effective treatments for any kind of trouble.
- 2) More ways with which to cooperate with local doctors.
- 3) More ways of cooperating with others of the Massage profession.

These are merely suggestions. If any one of you would care to write on one of these or any other subject, we will appreciate hearing from you, and will give serious consideration to each and every item. This invitation is also extended to our readers in other states.

Your committee on Legislation has been doing some work that we hope will be effective in protecting us from unfavorable legislation. The committee wishes all of our membership to aid in this work by doing as follows: make a count and then write to us telling us of the total number of people you have served. When the committee appears before the Legislature they can say that members of our organization are serving this many of our citizens. Send your letters to this paper.

Art Dunbar

The statements made by Pete Eitrem in regard to the status of the Massage profession, etc., is quite true in the State of Washington. The Massage profession is a good and safe rule to follow in every place, as if you meant to spend your life there, never omitting an opportunity of doing a kindness, or speaking a true word, or making a friend.

We must all work hard, and each and every one of us must make a comment about another member of the profession, or the worst way of losing your own patients and creating ill-will from others in the profession. To be continually belittling others only shows up our own ignorance and ill-breeding. Let's not do it.

Fraternally,

John A. Murray, R.M.

Washington Massage News
Dear Editor:

I read Pete Eitreim's articles in the Washington Massage News with much interest. I feel that the thought that he is trying to convey to our state members is a very good one.

In my own experience I have found it to be true, that we do not need a great deal of expensive and impressionable equipment, nor do we need to do a lot of back and neck "popping" if we will make use of our two hands and put forth the time and effort that is required by scientific massage.

I was graduated from the Chicago College of Swedish Massage and Hydro-Therapy, practiced about three years, moved to California, then attended Dr. Jennie Cotners Los Angeles College of Physical Therapy for a time, mainly as a comparative check on my own techniques and comparison of schools. They compared very favorably.

I found that my education in massage therapy was just beginning. Over the years I have learned much more than I did in school. I am still learning, and the more I learn, the more I realize how little I really do know.

To build a successful massage practice takes a lot of time and effort by the massage therapist. You just can't hang out your shingle, and expect the general public to rush in just because you have a diploma and a license. You have to prove yourself - I don't mean sell yourself.

To get co-operation from the medical men, you have to do both prove yourself and sell yourself. If they feel you have the knowledge and ability and are trust-worthy, and have a suitable office of your own, or they have space in their office, you will get cases from them, but not before.

The statements made by Pete Eitreim in regard to the status of the Naturopath, Chiropractor, etc., is quite true in the State of Washington. The A.M.A. has control of the examining and licensing board, and are slowly and surely forcing them out, with the aid of laws and rules unfavorable to them. That can happen to us if we don't stay within our status as massage therapists.

We must all work together, each and every member. To make unfavorable comment about another member or profession is one of the surest ways of losing your own patients and creating ill-will from others in the professions. To be continually belittling others only shows up our own ignorance and ill-breeding. Let's not do it.

Faternally,

John A. Murray, R.M.

DOINGS WITH DIGITS

It seems that the population of this country is 160 million, but there are 62 million over 62 years of age, leaving 98 million to do the work. There are 21 million in Government and 10 million in the armed forces, leaving 13 million to do the rest of the work.

Deduct 12,800,000 housewives, who actually do nothing but housework, and that leaves 200,000 to do the work. There are 126,000 in hospitals, insane asylums, and the like, and that leaves 74 thousand people.

But 62 thousand of those are derelicts or others who will not work, so that leaves 12 thousand to do the work. It may interest you to know that there are 11,998 people in jail, so that leaves just two people to do the work. And that is you and me, and brother. I'm getting tired of doing everything myself.

DOCTORS AND MASSEURS

I do not believe medical men and surgeons pretend to be infallible. They are as honest and sincere as other people. They often admit their limitations and often warn their patients regarding the risk involved in using certain medicines or submitting to certain surgical operations. Their patients transfer the doctors' statements to you and me when they come to us for treatment. This is good and proper, and helps us proceed with our work. I therefore state again that many medical men will seldom if ever, depend upon cortisone as they once did, for certain conditions. They do recommend heat and massage instead, as they did before cortisone became popular. This has always been an area where masseurs have been of great assistance to the medical profession, and I believe they have been greatly appreciated by doctor and patient. This is not news to you. However, I do not believe a steam bath and a rub-down is enough. Here again, spinal manipulation combined with the usual massage of the limb or area involved, will give you and the patient much faster and better results. I refer, of course, to massage methods of manipulation.

I repeat what I said in my September article about "disco" cases. After an epidemic of cases whose back pains had been diagnosed as ruptured discs which could only be remedied by operations, many of my recent patients have been warned by their doctors to avoid operations, except when all other means fail. The doctors have encouraged them to seek other means of relief, including heat and massage and manipulation. However, I believe

Doctors and Masseurs - continued

I am safe in saying that almost all of them have been cautioned against chiropractic methods. This is no secret to anyone. Ask your own patients. In fairness to the doctors, I believe many of the formerly recommended operations were exploratory, for the purpose of making a positive diagnosis as well as giving relief to the patient. Perhaps they had no alternative in what I have been told is a very difficult condition to diagnose. The significant change in the entire procedure seems to be a desire on the part of many doctors to try other means of relief, including massage treatments, before operations are recommended. I hope we masseurs will not fail or disappoint them, or deceive them with false claims.

I recently had a certain patient who had severe pain in the lower lumbar region, sacrum and right leg. He had been warned against surgery, first by his medical doctor and then by an Orthopedic Surgeon. He came to me and I relieved his pains. I had a business man who made a trip to the famous Mayo Clinic and requested surgery on the lumbar region of his spine. He was informed by the Mayo doctors that such operations were seldom performed by them any more, due to the risk involved and the low percentage of successful operations. He was told what the odds are and the consequences. He returned to Spokane and later came to me for treatment. I relieved his pain without any difficulty. This has always been my regular work, regardless of diagnosis.

My purpose in making these statements is not to impress you with claims of great skill. You may have had similar results in countless similar cases, and so have I. I merely use these cases as illustrations. I believe the facts I have recited indicate a trend away from hasty diagnosis and hasty surgery while other methods are tried. Not all cases can be relieved by massage and manipulation, but the percentage is small. Doctors apparently approve of Osteopaths and Masseurs and seem willing to give them the opportunity to try their skill before operating in so many cases. Here is your greatest opportunity to serve the Doctors and the public and to satisfy the greatest need for help. Can we rise to the task?

A delegate to a recent national A.A.M.M. convention made the statement that masseurs had been reduced to "glorified hide-rubbers". I do not agree. Masseurs and Masseuses can be much more than glorified hide-rubbers for lazy business men and carbohydrate eaters. Let us not underestimate ourselves. We do not need electrical gadgets. The greatest gadgets in the world are our two Healing Hands.

Correction, please.

It seems that I have created a fresh outburst of controversy

Doctors and Masseurs - continued

with my September Article in the News. Please let me clear the air with some reminders.

I have tried to point out the great value of manipulation or conditioning of the spine by methods other than chiropractics. If you or I use chiropractic or Osteopathic methods or movements, we do so at our own risk. I have been informed by many masseurs that they get the desired results by using their own particular methods, without risking legal trouble or displeasing doctors. In my own case, a chiropractor once brought his wife to me for treatment of her spine. He stood beside me while I manipulated her spine. No, he did not learn to use my method. The chiropractors and the State Department of Licenses know what I am doing and they do not object. I sincerely wish every Masseur and Masseuse who so desires, could learn some standard, effective method that would be the exclusive massage method of spinal manipulation. I have never seen such a method. Will someone please invent one?

I have never stated that the practice of Physical Therapy by Masseurs is illegal in Washington or that the use of Physical Therapy equipment is illegal. I have stated that the Oregon Massage law forbids them. I have also stated my fear that we may find ourselves under the same restrictions if some other profession restricts us through a State law. I have copies of two bills introduced in the Legislature in the past, one in 1955 by our Legislative committee and the other in 1957 by a member of our State chapter. If either of these bills had become law, I can assure you that no licensed Masseur or Masseuse would now be practicing or advertising Physical Therapy, or using Physical Therapy or medical equipment. We could definitely not practice both Physical Therapy and Massage. For further information about laws and legislative matters, please contact Arthur Dunbar or Arthur Mann, Legislative committee members. I believe you will learn just how little the Legislature has been willing to give us.

I reported to you what I was told by Sig Noren, the License Inspector. The members can take his advice, or disregard it at their own risk. He informed me that he had previously met me and knew me. He probably knew me but I did not remember him. I asked him if there were any complaints about me and he answered in the negative. He informed me that chiropractors and others had complained to him about two Spokane Masseurs. We will probably hear who the "other" informers are. I am happy to say the two masseurs were

Doctors and Masseurs - continued

cleared of suspicion. I have recently had letters from two Seattle masseurs who tell me they had visits from Sig Noren in the past.

The opinions I have expressed and statements I have made in the three last articles are entirely my own and not those of our State chapter. I make no apologies for any of them, but I do apologize for using too much space in the Massage News. The space might have been used for a better purpose. You and you have the right to disagree with every line I have written and I am willing to learn from you. I shall now refrain from writing for a while and give other members the right to be heard.

Be sure to send your articles to the Editor's new address.

Pete I. Fitreim, R. M.

Pres., Washington Chapter